

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY											
HYROX	05:45-06:40	S3	HYROX	05:45-06:40	S3	Gym HIIT	06:00-07:00	LTT Gym	HYROX	05:45-06:40	S3	HYROX	05:45-06:40	S3	Indoor Cycling	08:15-08:45	S3									
Skill X Power	06:00-07:00	LTT Gym	Skill X Agility	06:00-07:00	LTT Gym	Circuits	06:45-07:30	S3	Gym HIIT	06:00-07:00	LTT Gym	Skill X Agility	06:00-07:00	LTT Gym	Yoga Level 1	08:15-09:15	S1									
Body Pump	06:45-07:30	S3	Indoor Cycling	06:45-07:30	S3	Aqua Zumba	10:15-11:00	CP	Indoor Cycling	06:45-07:30	S3	Body Attack	06:45-07:30	S1	Body Pump	09:00-09:45	S3									
Pilates Fusion	09:15-10:00	S1	Body Combat	09:20-10:05	S1	Body Pump	09:30-10:15	S3	Body Combat	09:30-10:15	S1	Body Pump	09:30-10:15	S3	Skill X Stamina	09:00-10:00	LTT Gym									
Body Pump	09:30-10:25	S3	Step & Sculpt	09:30-10:10	S3	PiYo	09:15-10:00	S1	Indoor Cycling	09:30-10:15	S3	Cardiac Rehab Class	10:00-12:00	S1	Yoga Level 2	09:25-10:25	S1									
50+ Fitness Session	10:00-10:45	SH1	Aqua Aerobics	09:45-10:30	CP	50+ Fitness Session	10:00-10:45	SH1	Cardiac Rehab Class	10:00-12:00	LTT Gym	Female Weightlifting	11:00-12:00	S&C	Kids Karate	10:00-11:00	S3									
PiYo	10:10-10:50	S1	Pilates	10:00-11:00	S2	Skill X Stamina	10:15-11:00	LTT Gym	Yoga	10:00-11:00	S2	50+ Fitness Session	10:15-11:00	SH1	Body Combat	10:35-11:25	S1									
Indoor Cycling	10:45-11:30	S3	Olympic Weightlifting	09:30-11:30	S&C	Spin Circuits	10:30-11:00	S3	Kettlebells	10:20-11:05	S1	Express Aerobics	10:20-10:50	S3	Karate	11:00-12:30	S3									
Bums & Tums	10:55-11:20	SH1	Kettlebells	10:10-10:55	S1	Drum-Tastic Drumming	10:30-11:00	S1	Indoor Cycling	10:30-11:00	S3	PiYo	11:10-12:00	SH1	Body Balance*	11:30-12:15	S1									
Tai Chi (i)	11:00-12:00	S1	Core Conditioning	10:20-10:50	S3	Dynamic Wellbeing L2	11:10-12:10	SH1	Pilates	11:10-12:10	S2	Bums & Tums	11:00-11:30	S3	SUNDAY											
Dynamic Wellbeing L1	11:10-12:00	S2	Cancer Rehab Class	10:30-11:30	LTT Gym	Easyline	11:15-12:00	S3	Body Balance	11:15-12:00	S3	Fit Steps	12:15-13:00	S1												
Easyline	11:30-12:10	SH1	Aerobics	11:00-11:40	S1	Body Balance	11:15-12:00	S1	Otago	11:15-12:30	S1	Skill X Stamina	12:15-13:15	LTT Gym												
Strong Nation	11:40-12:10	S3	Indoor Cycling	11:00-11:45	S3	Zumba	12:15-13:00	S1	HYROX	12:15-13:15	S3	HYROX	12:15-13:15	S3				Indoor Cycling	09:15-10:00	S3						
Beginner Weightlifting	12:30-13:30	S&C	Pilates	11:10-12:10	S2	HYROX	12:15-13:15	S3	Stretch & Flow	12:20-13:00	S2	Beginners Weightlifting	12:30-13:30	S&C	Skill X Power	09:00-10:00	LTT Gym									
Qigong	12:15-13:15	S2	Beginner Weightlifting	11:30-12:30	S&C	Improver Weightlifting	12:30-13:30	LTT Gym	Cancer Rehab Class	12:30-13:30	LTT Gym	Line Dancing (Improver)	13:15-14:30	S1	HYROX	10:10-10:55	S3									
Skill X Speed	12:15-13:15	LTT Gym	Stretch & Flow	12:20-13:05	S2	Parkinsons Plus	12:45-13:35	S2	Otago	12:45-14:00	S1	Pilates	17:00-17:45	S3	Body Pump	11:00-11:45	S3									
HYROX	12:15-13:15	S3	Line Dancing (Beginner)	12:30-13:30	S1	Stretching Session	13:20-13:50	S3	Qigong	13:30-14:30	S2	Body Pump	18:00-18:45	S3	Body Balance	12:00-12:50	S1									
Zumba	12:20-13:00	S1	Improver Weightlifting	12:30-13:30	S&C	Line Dancing (Beginner+)	13:30-14:30	S1	Dynamic Wellbeing L2	14:10-15:00	S1	Body Balance	19:00-19:45	S2	Running from Monday 22nd Sept 2025											
Parkinsons	13:15-14:10	S1	Dynamic Wellbeing L2	13:45-14:45	S1	Parkinsons	13:50-14:45	S2	Tai Chi	14:40-15:40	S2	Female Weightlifting	19:00-20:00	LTT Gym												
Otago	14:20-15:40	S1	50+ Weightlifting	13:45-14:45	LTT Gym	Otago	14:45-16:00	S1	Escape Pain Course	15:00-16:15	S1	Female Weightlifting	20:00 - 21:00	LTT Gym												
Parkinsons Beats	14:15-15:00	S3	Escape Pain Course	15:00-16:15	S1	Pilates	16:15-17:00	S1	HYROX	17:10-17:50	S3															
Cardiac Rehab Class	14:30-16:30	S2	Teen Weightlifting	16:30-17:30	S&C	Functional Weightlifting	17:00-18:00	LTT Gym	Yoga	17:30-18:30	S1															
Body Balance	16:45-17:30	S1	Strap & Strength	16:45-17:15	S1	Pilates	17:00-17:45	S1	Body Pump	18:00-18:45	S3															
Youth Olympic Weightlifting	17:00-18:00	S&C	Body Attack	17:20-17:50	S3	Metafit	17:15-17:45	S2	Kids Karate	18:00-19:00	SH1															
Pilates	17:30-18:10	S1	Dynamic Wellbeing L2	17:30-18:30	S2	Kettlercise	17:50-18:30	S1	Escape Pain Course	18:00-19:15	S2															
Abs Attack	17:35-18:05	S2	Kettlebells	17:30-18:00	S1	Legs Bums & Tums	18:00-18:30	S2	Fit Steps	18:30-19:15	S1															
HYROX	18:00-19:00	S3	Body Pump	18:00-18:45	S3	Dance Fit	18:45-19:25	S1	Indoor Cycling	19:00-19:45	S3															
Functional Weightlifting	18:00-19:00	S&C	Metafit	18:15-18:45	S1	HYROX	18:00-19:00	S3	Skill X Speed	19:00-20:00	LTT Gym															
Kettlebell Step	18:20-18:50	S1	Escape Pain Course	18:30-19:45	S2	Beginners Weightlifting	18:00-19:00	S&C	Karate	19:00-20:30	SH1															
Metafit	18:15-18:45	S2	Body Balance	19:00-19:45	S1	HYROX	19:00-20:00	S3	Body Balance	19:30-20:15	S1															
Body Balance	19:00-19:55	S1	Indoor Cycling	19:00-19:45	S3	Female Weightlifting	19:00-20:00	LTT Gym	HYROX	20:00-21:00	S3															
Olympic Weightlifting	19:00-21:00	S&C	Skill X Power	19:00-20:00	LTT Gym	Olympic Weightlifting	19:00-21:00	S&C	S1: Studio 1 S2: Studio 2 S3: Studio 3 SH1: Sports Hall 1 CP - Competition Pool DS - Dryside Locker Area S&C - Strength and Conditioning Room ACP - Astro Car Park LTT- Love To Train Room BOOKING POLICY: Booking for classes can be made up to 7 days in advance at reception, through the kiosks or online at																	
HYROX	19:00-20:00	S3	Tai Chi	20:00-21:00	S2	Body Balance	19:30-20:15	S1																		
Female Weightlifting	20:00-21:00	LTT Gym	HYROX	20:00-21:00	S3																					
Aqua Aerobics	20:15-20:55	CP	Line Dancing (Im)	20:00-20:50	S1																					
			Line Dancing (In)	20:50-21:50	S1																					



Be aware that Studio 3 contains strobe lighting effects. If you have epilepsy or other light sensitive conditions, please make the instructor aware before the class starts. They are able to set the system to accommodate for this so that it does not impact on your enjoyment

Mind & Body	Indoor Cycling	Resistance	Core	Cardio	You Time Gentle	Gym	HYROX
-------------	----------------	------------	------	--------	-----------------	-----	-------



